

## **Agenda for Wednesday, September 15, 2004**

### **Overweight Prevention Symposium: A Strategic Action Agenda**

Sponsored by the King County Board of Health, Public Health-Seattle & King County, and the University of Washington School of Public Health and Community Medicine

Location: Shoreline Conference Center  
18560 1st Ave. NE, Shoreline, WA  
(206) 361-4243, at Exits 176 (N) and 177 (S) off I-5

**8 to 9 AM Registration and light breakfast—Lobby**

**9 to 10:20 AM Plenary panel—Room 11. Shoreline**

1. Deborah Galuska, PhD, MPH, Associate Director for Science, Division of Nutrition and Physical Activity, Centers for Disease Control and Prevention (CDC), Atlanta.

Will review the science of the epidemic, evidence basis, critical issues and emerging best practices related to overweight and obesity prevention.

2. Adam Drewnowski, PhD, Professor, Epidemiology and Medicine and Director, Nutritional Science Program, University of Washington, Seattle.

Will discuss the environmental context of individual decision-making related to weight; the politics and economics of the food supply; and what can be done on a county and community-level to promote balanced nutrition and physical activity.

3. Larry Frank, PhD, Associate Professor and Bombardier Chair, School of Community and Regional Planning, University of British Columbia, Vancouver.

Will present data on the environmental context of 16 neighborhoods under study, focusing on data from King County. He will discuss the relationships between neighborhood walkability, income levels and overweight.

4. Abigail Halperin, MD, MPH, Acting Assistant Professor, in the Departments of Family Medicine and Health Services, University of Washington; Director, Tobacco Studies in Public Health & Tobacco Scholars Program, UW School of Public Health & Community Medicine, Seattle.

Will distill the lessons learned during 40 years of effort to reduce the prevalence of smoking and tobacco-related morbidity and mortality, in terms of health policy, public awareness, behavior change and politics, and their potential applicability to reducing diseases caused by poor diet and inadequate physical activity.

**Moderator:** Alonzo Plough, PhD, MPH, Director and Health Officer, Public Health-Seattle & King County

**10:20 to 10:30            Break—walk to break-out rooms**

**10:30 to 12:00            10 break-out sessions on five topics—Rooms 1 to 10**

Using the framework from the Washington State Nutrition and Physical Activity Plan, break-out sessions will focus on developing strategies to meet the overarching goals of increasing the proportion of Washington State residents with healthy diets and who get at least 30 minutes of moderate activity five or more days per week. Strategies will emphasize actions that the following sectors attending the symposium can undertake: employers/business; public health; academics; medicine; elected officials; schools; food distributors; media/communications; transportation and land use planners.

Break-out sessions are based on the State Plan priority recommendation areas:

1. Increase physical activities for adults
2. Increase physical activity opportunities for children
3. Increase community aspects that promote physical activity (land use)
4. Increase access to healthy food for adults
5. Increase access to healthy food for children, including promoting breast feeding

**Agendas for break-out session:**

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| 3 minutes  | Facilitator, community leader and record-keeper introductions and welcome  |
| 10 minutes | Community leader will review evidence-based interventions and best practices on flipcharts in the room. They will end with what is exciting to them and what more could be happening in King County.   |
| 1 hour +   | Facilitator leads a discussion of the group's reactions to the plenary and what is possible in terms of action steps, activities or policies in King County. The facilitator will work with the group to devise: <ol style="list-style-type: none"><li>1. Recommendations for programs and policy changes in King County. These should address the connections between overweight and poverty, economic and political issues.</li><li>2. Recommendations for consistent community messaging and education.</li><li>3. Recommendations for future research, including those through academic, public health and community partnerships.</li></ol> |
| Outcomes:  | Top 10 starting strategies within the above three areas identified and written on flip charts, by recorders in each session.   |

**12 – 1 pm            Buffet lunch—Room 11. Shoreline**

**12:30 – 1 pm    Closing Session—Room 11. Shoreline**

Dorothy Teeter, Public Health-Seattle & King County will review the top ten starting strategies or activities from each group. Councilmember Carolyn Edmonds will close the meeting.